

Wyoming Comprehensive Cancer Control Consortium

Joining Forces to Fight Cancer

Winter 2008

January is Cervical Cancer Awareness Month

Wyoming women are being reminded by a representative of the Wyoming Department of Health that routine screening can help prevent cervical cancer.

"Cervical cancer is a preventable cancer. Regular Pap tests can actually detect cervical changes before cancer has a chance to develop," said Denise Padilla, health educator with the Wyoming Department of Health's Breast and Cervical Cancer Early Detection Program. "Screening can also find early cancer in its most curable stage."

The American Cancer Society and the American College of Obstetricians and Gynecologists suggest routine Pap screening starting at age 21 or within three years of starting sexual activity "The women who are most at risk for this cancer are those who are not getting screened," Padilla said.

According to the 2006 Wyoming Behavioral Risk Factor Surveillance System (BRFSS) survey, about 27,000 women in Wyoming who should be getting regular Pap tests had not had one in the past three years. The survey indicated women who are uninsured, women with no personal doctor, low-income women, women with less than a high school education and women age 65 and older are less likely to have had a recent Pap test.

The American Cancer Society estimated about 11,150 cases of invasive cervical cancer would be diagnosed in the United States for 2007. Padilla said some researchers estimate non-invasive cervical cancer is about four times more common than invasive cervical cancer.

Padilla noted that most cases of cervical cancer are caused by certain types of the human papillomavirus (HPV), with infections spread mainly through sexual contact.

A vaccine that prevents about 70 percent of cervical cancer cases was approved by the federal government in 2006. "While the vaccine is a valuable tool in cancer prevention, girls and women who receive the vaccine still need routine Pap tests," Padilla said. Medical professionals can offer more information on the vaccine and its availability.

Free Pap tests and pelvic exams are available for women who qualify through the Wyoming Department of Health's Breast and Cervical Cancer Early Detection Program. Women 50 through 64 years of age with low incomes and without health insurance may be eligible. Women under 50 years of age may also be eligible if they have not had a Pap test within the past five years.

Call 1-800-264-1296 for information about program eligibility. To learn more about cervical cancer and screening, contact your healthcare provider or local public health department.

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2008 Chronic Disease Conference

The Wyoming Department of Health is convening the first ever Chronic Disease Conference on May 7th & 8th of 2008 at Little America in Cheyenne, WY. The Wyoming Tobacco Prevention Program, the Wyoming Diabetes Prevention and Control Program, the Wyoming Heart Disease and Stroke Prevention Program, Tuberculosis (TB) Control, HIV/AIDS/Hepatitis Program, and the Wyoming Comprehensive Cancer Control Program, have joined forces to provide a combined conference on Chronic Disease in Wyoming. The theme of the conference is *Building a Healthy Wyoming*, and will focus on all chronic diseases; with a special emphasis on common risk factors, as well as general health.

Captain Zachary Taylor, Regional Health Administrator, Region VIII, Department of Health and Human Services in Denver; Dr. June Dahl, a nationally recognized speaker on pain management; and Dr. Brenda Seals, Executive Director of the Native American Cancer Research Company are all scheduled to speak at general sessions. The conference will also highlight a resource fair, a poster session, and continuing education credits for various professions. Please save the date for this exciting conference! If you have any questions please contact Betty Holmes at betty.holmes@health.wyo.gov or (307) 777-6011.

Registration is now open at the following website with the University of Wyoming:

<https://oscse.uwyo.edu/eventmanager/OnlineRegistration.asp?EventCode=x8e>

Call for Abstracts: 2008 Chronic Disease Conference

Interested individuals, organizations and programs are invited to submit abstracts for a poster session for the 2008 Wyoming Chronic Disease Conference. A selection committee will review abstracts and select approximately 30 posters to be displayed at the conference. Deadline for all abstracts is February 29, 2008

Abstracts are invited under the following areas:

- Best Practices/Research
- Education/Community Outreach
- Building Partnerships/Statewide Initiatives

For more information on submitting abstracts can be found at <http://www.fightcancerwy.com/conference.asp>

Men's Health Day a Success for Wind River Cancer Resource Center

The Wind River Cancer Resource Center held a men's health day on November 2, 2007. The day was a success with a total of **65** Native American men in attendance to an all day event that focused on men's health. The event showcased five speakers, Phyllis Nassi & Lynne Hall from the Huntsman Cancer Institute, who gave a brief overview of what you need to know about cancer. Dr. Joe Grandpre, Wyoming Department of Health, spoke on prostate health. Other speakers addressed issues relating to colorectal health, survivorship, and various statewide efforts relating to the cancer burden in the State of Wyoming. The event also consisted of health care screening booths provided by Indian Health Services and free height, weight and blood pressure checks, as well as free flu shots for all. The Comprehensive Cancer Control Program introduced a new marketing campaign, "Becoming a Healthy Hunter", which focuses on men and their health. For attending the men's health day participants were entered into a door prize drawing which took place at the end of the day. Four prizes were given out. Great job Charlene Harris and Jo Etta Brown for organizing such a successful event!



Charlene Harris & Jo Etta Brown,
Wind River Cancer Resource
Center, organizers of the
Men's Health Day



3rd Annual Celebration of Hope!



The Wyoming Comprehensive Cancer Control Consortium, in conjunction with the American Cancer Society, the American Heart Association, and the Campaign for Tobacco Free Kids, is sponsoring the 3rd Annual Wyoming Celebration of Hope to raise awareness surrounding cancer prevention & control and advocate for cancer-related issues. **The WCCCC has goals, objectives, and strategies tied to Tobacco Use and Environmental Tobacco Smoke within the 2006-2010 Wyoming Cancer Control Plan.** On February 15, 2008, cancer patients, survivors, caregivers, healthcare providers, and others involved with chronic disease-related efforts in Wyoming, will gather at the State Capitol to meet with lawmakers and celebrate hope, progress, and answers in the fight against cancer and other chronic disease with a special focus on tobacco-related illness. Working smarter by working together can make a difference! The afternoon will include discussion on special integration projects that are occurring at the state level. In addition, testimonies from people who have been impacted by chronic diseases such as cancer, diabetes, and heart disease will be heard.

To register for the Celebration please visit http://www.fightcancerwy.com/conference_registration.aspx
or contact Jessica Perez @ 307.777.7362.

Sun Safety Not Just for Summer?

Did you know that protecting your skin in the fall and winter is just as important as doing it in the summer? In the winter, unprotected people can face just as much risk of sunburn as summer sunbathers when exposed skin is not protected. Snow actually increases the impact of the sun's rays by reflecting the ultraviolet radiation (UVR) that causes sunburn. Skiers and snowboarders are especially at risk for sunburn because they are at higher elevations where the thinner atmosphere screens out far less UVR. Weather can be deceptive. The sun may not seem threatening on a cloudy or overcast day, or at certain times of the day, but the risks remain.

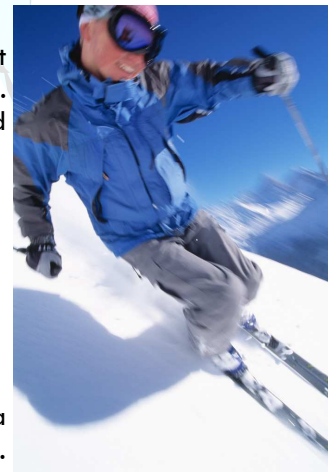
Did you know?

In 2006 53.7% Wyoming males and 43.3% Wyoming females reported getting a sunburn in the past year.

73.3% of Wyoming 18-24 year olds reported getting a sunburn in 2006.

Follow these Fall/Winter sun safety tips:

- Use a broad-spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 15 and put it on all exposed areas. Apply your sunscreen half an hour before you go outside. Put on generous amounts and remember to re-apply it often. Do not use old or expired sunscreen.
- Use lip balms and moisturizers that contain sunscreen.
- Wear wrap-around sunglasses or ski goggles that provide UV protection.
- A wide-brim hat will protect your face and the back of your neck.
- The most significant sun exposure occurs between 10a.m. and 3p.m. either put on extra sunscreen if you're out during that part of the day or take a lunch break and get out of the sun.



Wyoming Comprehensive Cancer Control Program

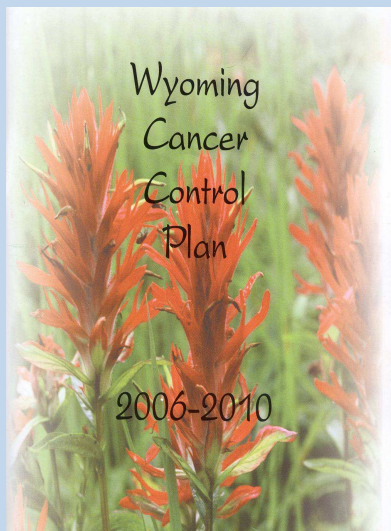
6101 Yellowstone Rd Ste 259A

Cheyenne, WY 82002

Phone: 307-777-7362

Fax: 307-777-2426

Email: jessica.perez@health.wyo.gov



For a copy of the 2006-2010
Wyoming Cancer Control Plan
please visit the web at

www.fightcancerwy.com

Contacts

and information

Submit articles to: Jessica Perez

Call for information: (307) 777.7362

jessica.perez@health.wyo.gov



It's That Time of Year Again!

The Annual Wyoming Comprehensive Cancer Control Consortium Member Survey is out! The survey is an important measure in providing data on how well we are doing as a Consortium and where we need some work. The data received will help to improve the Consortium and move us to the next level of success. The survey data is unveiled in the WCCCC Annual Report which gives a brief overview of the success the Consortium has achieved during the year. The report is a great way to celebrate the successes of the Consortium and empower us all to continue the cancer control effort with energy and passion.

By now everyone should have received the survey via e-mail. Please return the survey no later than March 28, 2008. You may return the survey via fax, 307.777.2426 or via US mail at the address indicated on the survey. If you have not received the survey or have any questions or concerns please contact Jessica Perez at 307.777.7362 or via e-mail jessica.perez@health.wyo.gov Thank you everyone for the fantastic job you do!